Welcome to Mini Med!

Fall 2019
- Take attendance.
- Get to know each other!
- Program overview
- Schedule
- Honors Requirements
- Electives
- Introduction to Patient Centered Medicine
- The Patient Interview
Introductions and Attendance

- Preceptors introduce themselves
- Take attendance
- Take a moment to get to know each other...

BUT WHO EVEN

ARE YOU
What is Mini Med
- 8 week program
- Designed to introduce a wide range of medical topics to students who are interested in medicine

What to expect
- Homeroom presentations with medical students
- Lectures given by Rutgers faculty
- Electives available to enhance your experience
- Final Quiz - taken online
  - Opens Wednesday November 13, 9 pm
  - Closes Sunday November 17, 6 pm
<table>
<thead>
<tr>
<th>Week</th>
<th>Topic 1</th>
<th>Topic 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>W1</td>
<td>Intro to Mini-Med</td>
<td>Interview Demo</td>
</tr>
<tr>
<td>W2</td>
<td>Vaccinations</td>
<td>Medicine in Social Media; Health Literacy</td>
</tr>
<tr>
<td>W3</td>
<td>Vitals and Bleeding Control</td>
<td>Gun Violence</td>
</tr>
<tr>
<td>W4</td>
<td>Sexual Health</td>
<td>Gender Identity</td>
</tr>
<tr>
<td>W5</td>
<td>Healthy Living and Cardiology</td>
<td>Cultural Humility</td>
</tr>
<tr>
<td>W6</td>
<td>Intro to Neurology</td>
<td>Mental Health</td>
</tr>
<tr>
<td>W7</td>
<td>Household Drugs and Pharmacology</td>
<td>Student PCM interviews</td>
</tr>
<tr>
<td>W8</td>
<td></td>
<td>Graduation</td>
</tr>
</tbody>
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W1 – Grit, Resilience, and Academic Success

W2 – Introduction to Pediatrics and Importance of Vaccination

W3 – Introduction to Emergency Medicine

W4 – Sexual Health

W5 – Introduction to Cardiology

W6 – Mental Health

W7 – Opioid epidemic

W8 - Graduation
Mini Med Honors Distinction

Requirements

- Only **one absence** from Mini Med
- Participate in **three electives**
- **Score within the top one-third** of the Final Quiz Grades – quiz is based on homeroom power points

Optional

- Participate in a **mock patient interview** on November 13 to earn 1 elective credit
- Students must sign up for the mock interview by November 6
- Max of 3 students per homeroom
Electives

- Basic Life Support
- Surgical Knot Tying
- Bleeding Control
- Technology in Medicine Lecture
- Genetics and Personalized Medicine Lecture
- University Hospital Tour
- Mock patient interview

*You must physically sign in to get credit*

See your acceptance email and welcome binder for more details on electives
Basic Life Support - An Important Reminder!

- First session is this Saturday October 12 at 12 pm!
- Registration link is in the Electives Google Form
- [https://forms.gle/SoRzPovsrVYkQcJr5](https://forms.gle/SoRzPovsrVYkQcJr5)
- Register asap if you are interested
Chances are that you’re here because you like science ... But this is medicine! The patient always comes first!
What qualities make a good healthcare provider?
How about good qualities for a doctor? Nurse? EMT?
Are there qualities that apply to all?

Ask the class!
“You’re only half a physician if you’re just good at your craft. Unless it’s coupled with patient-centered care and humanism, it’s suboptimal care.”

Dr. Arnold Gold
Dr. Gold was the founder of the White Coat Ceremony, a tradition practiced by more than 170 medical schools. More than 260 nursing programs hold similar ceremonies.

The ceremony is meant to establish a foundation of humanism in medicine as health professionals begin their medical training.

Rutgers NJMS was the 2nd medical school to embrace and establish this ceremony, following Columbia Physicians and Surgeons.

https://www.gold-foundation.org/newsroom/video/the-legacy-of-arnold-p-gold/
(skip to 4:00 minute mark)
In the coming weeks, you will cover a vast range of medical topics such as cardiology, neurology, vaccines, pharmacology and more...

But to start, we’ll focus on **How to Talk to a Patient!**
“With great power comes great responsibility”
Uncle Ben from Spiderman

- White Coat Syndrome - a common phenomenon where patients have higher heart rate and blood pressure while visiting the doctor due to anxiety.
- You hold a lot of power as a healthcare provider.
- It’s important to take this into account when talking to patients!

- What are some ways to combat White Coat Syndrome?
- Ask the class!
Chief Complaint & History of Present Illness

- **Chief Complaint** - this is your patient’s main concern.
- **History of Present Illness** - the medical background of your patient’s issue. Captured by CLODIERRRSSS.
CLODIERRSSS is a structured method to conduct a patient history interview.

But remember! The goal is to keep humanism at the forefront of the conversation. Keep the following qualities in mind.

- Empathy
- Understanding
- Compassion
- Humility
- Awareness
- Characterize - how would you describe the pain?
- Location - can you point to the pain?
- Onset - when did this start?
- Duration - how long does the pain last?
- Intensity - rate the pain from 1 to 10
- Exacerbation - anything make it worse?
- Remission - anything make it better?
- Radiation - does the pain spread anywhere else?
- Setting - where were you when it started?
- Symptoms, other - any other related issues?
- Social impact - how is this issue affecting your life?
You will have the chance to perform your own patient interview on November 13th to earn an elective credit.

Pay close attention to the interview demo
Scenario:
- Patient is 31 years old
- Patient is visiting your office for the first time
- Complains of right ankle pain

- Perform the interview demo now!
What are your thoughts of the interview?

Did you spot the CLODIERRSSS elements?

What are some other good questions to ask this patient?
Now that you’ve seen what the interview looks like...

- Students can volunteer to perform an interview as a doctor on November 13\textsuperscript{th} for an elective credit.

- Cap of 3 students per homeroom. There’s only so much time!

- Students must declare they want to do the interview during Mini Med on November 6\textsuperscript{th}

- If there are more than 3 students interested, your homeroom teacher will choose by random lottery.
Thanks!

Questions?
Comments?
Concerns?

Mini Med Website – homeroom power points will be posted here

http://njms.rutgers.edu/community/public_education/minimed/schedule.cfm
Grit, Resilience and Academic Success

Got Grit

Humberto “Humby” Baquerizo, MBA, EdD
Rutgers NJMS Office of Diversity and Community Engagement
Objectives:

- Self-Awareness - True Colors Leadership Workshop
- Grit - Angela Duckworth, 2007
- Fixed and Growth Mindset - Carol Dweck, 2006
- Learn how to overcome adversity, obstacles & challenges
- Equation for Success (Success = Skills + Efforts)
- To never give UP!
IT'S FAFSA TIME!!

FAFSA opens 10/1 for all students attending school in fall of 2020.

Both STUDENT and ONE PARENT need an ID.

Earlier is better, but you don't have to file today.

You have until June 2020 to complete the form.

You will be using information from your 2018 tax returns.
College Application Checklist

College Website ____________ Login ____________ Password ____________

Admissions Contact

Name ____________ Email ____________ Phone ____________

Application deadline ____________

- Researched school online
- Discussed with parents
- Discussed with counselor
- Visited campus

School Type

- Check one:
  - Safety
  - Likely
  - Reach

Financial Aid/Scholarships

- Form
  - FAFSA
  - College financial aid application
  - (other) ____________

Cost Box

- Tuition ____________
- Room & Board ____________
- Financial aid ____________
Total $ ____________

Application Materials

- Application proofread by you
- Application proofread by someone else
- Cover letter/personal statement
- Essay/Persosn statement
- Written
- Proofed
- Proofed again
- Transcript sent
- Test scores sent
- Copy of application made and filed

Additional Information

- Portfolio (if required)
- Housing forms
- Supplemental

Letters of Recommendation

- Requested From ____________ Date ____________ Sent?
- Requested From ____________ Date ____________ Sent?
- Requested From ____________ Date ____________ Sent?
- Requested From ____________ Date ____________ Sent?

College Web Site Password ____________

Cappex Pit Fact: Put your name and College Application ID number (if applicable) on every page of application materials you send. Don’t miss out on colleges that want you. Mentor U Connect: follow our Facebook or Instagram page for more students resources and information. We seek to inspire, motivate and empower you with both the academic and social-emotional skills necessary to succeed in college and beyond.
The Common Application

Look for a College that FITS YOU
Follow them on social media

Resume

Interview Process and Questions
Roadmap to Medical School / Health Professions

2017
Become a Highlander
Academics, Involvement, Service, Leadership
Health Profession Check List (Academic Checklist)

2018
Self Awareness, Focus, Confident
Enrichment Programs, Internships, Volunteer.
Relationships, Mentorship, Role Model

2019
Application / Testing Process
Health Profession Check List
Enrichment / Internships / Research

2020
Health Profession Check List
Enrichment / Internships / Research
MCAT, GPA, and EVERYTHING ELSE!

- MCAT Score
- GPA

Evaluation Index

Application Strength
- Presumably Admit
- Presumably Deny
- Absolutely Deny

Less than half of those applying to medical school will get in.
True Colors

True Colors is a personality profiling system created by Don Lowry in 1978. It was originally created to categorize four basic learning styles using the colors blue, orange, gold and green to identify the strengths and challenges.

Teams collaboration
Team building
Self-Awareness
Engagement
Trust

how to respect, appreciate, understand, and value individual differences
**True Colors**

<table>
<thead>
<tr>
<th>GOLD - PLANNERS</th>
<th>BLUE - FEELERS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strengths</strong></td>
<td><strong>Needs</strong></td>
</tr>
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<td>- Organization</td>
<td>- Structure</td>
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<td>- Planning</td>
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<td>- Reliability</td>
<td>- Gradual intro</td>
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<td>- Structure</td>
<td>- Kindness</td>
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<td>- Loyalty</td>
<td>- Sensitivity</td>
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<td>- Honesty</td>
<td>- Genuineness</td>
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<td><strong>Joys</strong></td>
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<tr>
<td>- Structure</td>
<td>- Family</td>
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<tr>
<td>- Planning</td>
<td>- Doing for others</td>
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<td>- Task</td>
<td>- Being</td>
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<td>- Family &amp;</td>
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<td>- Spirituality</td>
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<td>life</td>
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<td></td>
<td><strong>Joys</strong></td>
</tr>
<tr>
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<td>- Family</td>
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<td>- Being</td>
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<td>understood</td>
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</tbody>
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<thead>
<tr>
<th>GREEN - THINKERS</th>
<th>ORANGE - DOERS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strengths</strong></td>
<td><strong>Needs</strong></td>
</tr>
<tr>
<td>- Thinking</td>
<td>- Free thinking</td>
</tr>
<tr>
<td>- Analyzing</td>
<td>- Can make anything fun (even work)</td>
</tr>
<tr>
<td>- Research</td>
<td>- High energy</td>
</tr>
<tr>
<td><strong>Needs</strong></td>
<td>- Visionary</td>
</tr>
<tr>
<td>- Process time</td>
<td></td>
</tr>
<tr>
<td>- Respect for</td>
<td>- Unstructured environments</td>
</tr>
<tr>
<td>intelligence</td>
<td>- Freedom</td>
</tr>
<tr>
<td>- Autonomy</td>
<td>- Fun!</td>
</tr>
<tr>
<td><strong>Values</strong></td>
<td><strong>Needs</strong></td>
</tr>
<tr>
<td>- Independence</td>
<td>- Doing</td>
</tr>
<tr>
<td>- Facts and data</td>
<td>- Creating</td>
</tr>
<tr>
<td>- Intelligence</td>
<td>- Making</td>
</tr>
<tr>
<td>- Sarcasm (dry</td>
<td>things</td>
</tr>
<tr>
<td>humor)</td>
<td>happen</td>
</tr>
<tr>
<td><strong>Joys</strong></td>
<td>- Adventure</td>
</tr>
<tr>
<td>- Thinking</td>
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<td>- Analyzing</td>
<td>- Having Fun!</td>
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<td>- Sarcasm</td>
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<td>- Having the</td>
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<td>answers</td>
<td></td>
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Grit: Angela Duckworth
Grittier college students have higher GPAs than their peers, even if their SAT scores are lower. The secret ingredient to success...

Grittier Students triumph on the National Spelling Bee!

Grittier Students Better in School
Job Placement
West Point (cadets)
Overcoming Adversity

Everyone will occasionally struggle. What is important is how you react to the struggle.

Will you give up? Or will you keep going no matter what?

The choice is yours!
Think * Pair * Share

✓ Think of a time when you faced an obstacle.
✓ How did you overcome it?
✓ Share with a partner.
✓ Partner A will share with the class what Partner B said.
Overcoming Adversity
Overcoming Adversity

Success
- Have an idea
- Network a little

What people think it looks like.
- Overnight success
- Work like crazy
- Fail 1000 times
- Life happens
- Seemed like overnight success to everyone NOT watching.

What it really looks like.
Fixed Mindset vs. Growth Mindset

I believe that my [Intelligence, Personality, Character] is inherent and static. Locked-down or fixed. My potential is determined at birth. It doesn’t change.

Fixed Mindset

Avoid failure
Desire to Look smart
Avoids challenges
Stick to what they know
Feedback and criticism is personal
They don’t change or improve

Growth Mindset

I believe that my [Intelligence, Personality, Character] can be continuously developed. My true potential is unknown and unknowable.

Desire continuous learning
Confront uncertainties.
Embracing challenges
Not afraid to fail
Put lots of effort to learn
Feedback is about current capabilities
Why do some people accomplish more than others of equal (or greater) talent?

Success = Skill + Effort
How do I get to be good at something?

You’re just born that way

You are naturally (athletic, good at math, singing, English, or solving problem)

You have some TALENT

✓ Recent research shows that it’s not in your genes!
✓ Talent is about practice.
✓ Talent takes effort.
✓ Talent requires Champions.
✓ Talent is about dedication.
✓ 10000 Hours - Hard work.
Be an Elite Performer!

- Achievement / Success
- Talent x Effort

- Effort is not just intensity (how hard you work) but also consistency (do you keep going?) and duration (how long do you work?)
Fake it till you make it

that you change your posture for two minutes.
What if I Fail?

Throughout life, you will have disappointment, failure, misfortune, and yes, even occasional Boredom.

DON’T GIVE UP!

THE KEY TO SUCCESS IS FAILURE

* Micheal Jordan

SuccessStory.com
YOUR FUTURE IS DEFINED BY WHAT YOU DO NOT TOMORROW TODAY
“Give up being Perfect for being Authentic.”

~Hal Elrod
Your later should not be too far away from Your NOW.
Stress Management

Accepting that some stress is inevitable in college and knowing that it can be coped with

Finding and implementing effective, positive strategies to deal with everyday concerns
- “Stress Busters”
- Deep breathing exercises (such as this one)

Avoiding negative or destructive behaviors
Social Relationships

- Establishing and maintaining healthy and fulfilling relationships with others
- Interacting with a diverse range of people
- Making new friends while staying in touch with old friends
- Establishing a network of social and professional connections
- Adjusting to changes in family relationships and friendships
Recreational Activities

- Seeking out and participating in positive, enjoyable recreational activities
- Continuing to engage in current hobbies/interests
- Exploring new activities
- Balancing leisure time with academic and other responsibilities
How can you foster / develop Grit

- Become a Cougar – Take Pride & Engage/Connect
- Join a club or organization
- Take a leadership role
- Work on/off Campus
- Attend a workshop
- Volunteer
- Seek help
- Don’t be afraid to ask questions
- Look for a Mentor
- Use your social media skills – follow up on your career/profession
- Embrace challenges
- Reflect
- If you fail, get up and do it again
- BUT ... Never give UP!
Show Your Grit!

10 Things That Require Zero Talent

1. Being on Time
2. Work Ethic
3. Effort
4. Body Language
5. Energy
6. Attitude
7. Focus
8. Being Coachable
9. Doing Extra
10. Being Prepared
Have Fun
THANK YOU

Humberto “Humby” Baquerizo, MBA, EdD